




# Martin Luther King, Jr. Swim Center

1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • [www.montgomerycountymd.gov/rec](http://www.montgomerycountymd.gov/rec)  
 Montgomery County Recreation Department - Aquatics Section

2013/14 Pool Use Schedule • August 26 - June 14, 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00-6:15 AM MCRD Swim Team Practice					5:00-8:00 AM	
6:15-8:30 AM					MCRD Swim Team Practice	
<b>Early Bird Lap Swim</b> Deep Water Running Class (Tuesday & Thursday 7:30-8:30 AM) Boot Camp (Friday 7 - 8am) ◦ Well Closed					9:00 AM-2:00 PM MCRD Swim Lessons High School Swimming Safety Training	9:00 AM-1:00 PM MCRD Swim Lessons Safety Training
8:30-11:30 AM						
<b>Mid Morning Swim</b> Water Exercise Classes ◦ MCRD Swim Lessons Limited Lap Lanes Available ◦ Limited Well Use Available						
11:30 AM-2:00 PM						
<b>Noon Recreational Swim</b> Teach & Main Pool Open ◦ Limited Lap Lanes Available Diving Boards Open (Tues, Thurs & Fri 12:30-2:00 PM) ◦ Diving Well Closed (Mon.& Wed., 1:00-2:00 PM)					2:00-6:00 PM <b>Recreational Swim</b>  Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open	1:00-5:00 PM <b>Recreational Swim</b> Main Pool Open Teach Pool Open Limited Laps Available Diving Boards Open
2:00-3:30 PM						
<b>MCPS High School Varsity Swim Practice</b> Limited Lap Lanes Available						
3:00-7:00 PM					5:00-6:00 PM Adults Only	6:00-8:00 PM MSTC Swim Clinic
<b>MCRD Youth Swim &amp; Dive Team Training</b> Limited Lap Lanes Available at 7:00 PM						
7:00-8:30 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open Dive Team 7-8:30PM	7:00-10:00 PM MCRD Swim Lessons Therapeutics Water Fitness Lap Lanes Close 8pm Synchro 8 - 9:30pm	7:00-8:30 PM <b>Family Rec Swim</b> Main Pool Open Teach Pool Open Dive Team 7-8:30PM	7:00-10:00 PM MCRD Swim Lessons Water Fitness Safety Training	7:00-9:00 PM <b>Evening Rec Swim</b> Main Pool Open Teach Pool Open Limited Laps Available Dive Team 7 - 9 PM		
8:30-10:00 PM Masters Safety Training MCRD Swim Lessons		8:30-10:00 PM MCRD Swim Lessons Masters SCUBA				
8:30-10:00 PM <b>Late Laps</b> Limited Laps Available		8:30-10:00 PM <b>Late Laps</b> Limited Laps Available				

Pool Use Schedule may be changed to accommodate special events or holiday activities. Pool will be closed on: Thanksgiving, Christmas, New Year's Day, & Easter

 MONTGOMERY COUNTY <b>Recreation</b>	<h1>Martin Luther King, Jr. Swim Center</h1> <p>1201 Jackson Road, Silver Spring, MD 20904 • (240) 777-8060 • <a href="http://www.montgomerycountymd.gov/rec">www.montgomerycountymd.gov/rec</a> Montgomery County Recreation Department - Aquatics Section</p> <h2>2013/2014 Pool Use Schedule • August 26, 2013 - June 14, 2014</h2>																											
<h3>PUBLIC USE TIMES</h3>																												
<b>Recreational Swim</b> General swimming for all ages with the following facilities open: Lap Lanes, Diving Boards, Teach Pool, Exercise Room, and Hydrotherapy Spas.	<b>Hydrotherapy Pools</b> <i>Adults Only: 14-17 if accompanied by an adult.</i>  Due to frequent cleaning and maintenance that these pools require, only one may be available for use during the following hours:  <table><tr><td>Monday - Thursday</td><td>6:15 AM - 10:00 PM</td></tr><tr><td>Friday</td><td>6:15 AM - 9:00 PM</td></tr><tr><td>Saturday</td><td>2:00 PM - 6:00 PM</td></tr><tr><td></td><td>6:00 PM - 7:00 PM <i>Adults Only</i></td></tr><tr><td>Sunday</td><td>2:00 PM - 5:00 PM</td></tr><tr><td></td><td>5:00 PM - 6:00 PM <i>Adults Only</i></td></tr></table>	Monday - Thursday	6:15 AM - 10:00 PM	Friday	6:15 AM - 9:00 PM	Saturday	2:00 PM - 6:00 PM		6:00 PM - 7:00 PM <i>Adults Only</i>	Sunday	2:00 PM - 5:00 PM		5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Admission Fees for Non-Passholders</b> (For each entry) weekend non-county add \$.50 <table><tr><td></td><td>County Resident</td><td>Non-County Resident</td></tr><tr><td>Children (1-17 years old)</td><td>\$4.00</td><td>\$6.50</td></tr><tr><td>Adults (18-54 years old)</td><td>\$6.00</td><td>\$7.50</td></tr><tr><td>Seniors (55 years &amp; older)</td><td>\$4.50</td><td>\$6.50</td></tr></table>		County Resident	Non-County Resident	Children (1-17 years old)	\$4.00	\$6.50	Adults (18-54 years old)	\$6.00	\$7.50	Seniors (55 years & older)	\$4.50	\$6.50		
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<b>General Recreational Time</b> <table><tr><td>Monday-Friday</td><td>11:30 AM - 2:00 PM</td></tr><tr><td>Monday &amp; Wednesday</td><td>7:00 PM - 8:30 PM</td></tr><tr><td>Friday</td><td>7:00 PM - 9:00 PM</td></tr><tr><td>Saturday</td><td>2:00 PM - 6:00 PM</td></tr><tr><td></td><td>6:00 PM - 7:00 PM <i>Adults Only</i></td></tr><tr><td>Sunday</td><td>2:00 PM - 5:00 PM</td></tr><tr><td></td><td>5:00 PM - 6:00 PM <i>Adults Only</i></td></tr></table>	Monday-Friday	11:30 AM - 2:00 PM	Monday & Wednesday	7:00 PM - 8:30 PM	Friday	7:00 PM - 9:00 PM	Saturday	2:00 PM - 6:00 PM		6:00 PM - 7:00 PM <i>Adults Only</i>	Sunday	2:00 PM - 5:00 PM		5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Deep Water Running (DWR) &amp; Well Lap Swimming (WLS)</b> <table><tr><td>Mon., Wed., Fri.</td><td>6:15 -7:00 AM <i>1/2 WLS, 1/2 DWR</i> 7:00 AM - 11:30 AM <i>Limited Use*</i> 11:30 AM - 1:00 PM <i>1 Lane DWR</i> 2:00 PM - 3:30 PM <i>Limited Use</i></td></tr><tr><td>Tuesday &amp; Thursday</td><td>6:30 AM - 7:30 AM <i>1/2 WLS, 1/2 DWR</i> 8:30 AM - 3:30 PM <i>1 Lane DWR</i></td></tr><tr><td>Monday &amp; Wednesday</td><td>7:00 PM - 8:30 PM <i>1 Lane DWR</i></td></tr><tr><td>Friday</td><td>7:00 PM - 9:00 PM <i>1 Lane DWR</i></td></tr><tr><td>Saturday</td><td>2:00 PM - 6:00 PM <i>1 Lane DWR</i> 6:00 PM - 7:00 PM <i>Adults Only</i></td></tr><tr><td>Sunday</td><td>1:00 PM - 5:00 PM <i>1 Lane DWR</i> 5:00 PM - 6:00 PM <i>Adults Only</i></td></tr></table> <p><i>*Friday Morning Well Closed from 7am - 8am</i></p>	Mon., Wed., Fri.	6:15 -7:00 AM <i>1/2 WLS, 1/2 DWR</i> 7:00 AM - 11:30 AM <i>Limited Use*</i> 11:30 AM - 1:00 PM <i>1 Lane DWR</i> 2:00 PM - 3:30 PM <i>Limited Use</i>	Tuesday & Thursday	6:30 AM - 7:30 AM <i>1/2 WLS, 1/2 DWR</i> 8:30 AM - 3:30 PM <i>1 Lane DWR</i>	Monday & Wednesday	7:00 PM - 8:30 PM <i>1 Lane DWR</i>	Friday	7:00 PM - 9:00 PM <i>1 Lane DWR</i>	Saturday	2:00 PM - 6:00 PM <i>1 Lane DWR</i> 6:00 PM - 7:00 PM <i>Adults Only</i>	Sunday	1:00 PM - 5:00 PM <i>1 Lane DWR</i> 5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Please Note:</b> The management reserves the right to alter the pool schedule when it is deemed necessary. ----- Proper Bathing Suits Required! <b>NO CUTOFFS OR GYM SHORTS!</b> Shorts, t-shirts, and undergarments do not qualify as bathing suit attire. ----- All patrons within the pool area must be attired in swimming apparel. ----- Children under 10 years old must be accompanied in the pool area and cared for by an adult in swimming attire at all times. ----- Groups of 6 or more must call the facility ahead of time to schedule with a manager's approval. ----- Lockers and locks are available - <b>BRING A LOCK TO SECURE YOUR BELONGINGS!</b> ----- The use of cameras, video cameras or any device containing camera equipment of any kind is prohibited in all locker rooms, bathrooms and changing areas at all times. ----- Patrons who are not completely toilet trained must wear rubber pants. ----- <b>Swim meets on November 15-17 2013, February 22-23, 2014, will alter the regular schedule. Please check the lobby for posted schedule changes.</b> ----- <b>For more information, visit us online at:</b> <a href="http://www.montgomerycountymd.gov/rec">www.montgomerycountymd.gov/rec</a> .
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<b>Diving Boards</b> <table><tr><td>Monday &amp; Wednesday</td><td>11:30 AM - 1:00 PM</td></tr><tr><td>Tuesday &amp; Thursday</td><td>12:30 PM - 2:00 PM</td></tr><tr><td>Friday</td><td>12:00 PM - 2:00 PM</td></tr><tr><td>Saturday</td><td>2:00 PM - 6:00 PM</td></tr><tr><td></td><td>6:00 PM - 7:00 PM <i>Adults Only</i></td></tr><tr><td>Sunday</td><td>1:00 PM - 5:00 PM</td></tr><tr><td></td><td>5:00 PM - 6:00 PM <i>Adults Only</i></td></tr></table>	Monday & Wednesday	11:30 AM - 1:00 PM	Tuesday & Thursday	12:30 PM - 2:00 PM	Friday	12:00 PM - 2:00 PM	Saturday	2:00 PM - 6:00 PM		6:00 PM - 7:00 PM <i>Adults Only</i>	Sunday	1:00 PM - 5:00 PM		5:00 PM - 6:00 PM <i>Adults Only</i>														
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<b>Lap Swim</b> Lap Lanes are roped off at 25 yards competitive distance. Patrons should "circle" swim from right to left and should swim in a lane with other lap swimmers of compatible speed and skills.  <table><tr><td>Monday-Friday</td><td>6:15 AM - 3:30 PM</td></tr><tr><td>Monday-Thursday</td><td>7:00 PM - 8:30 PM*</td></tr><tr><td>Friday</td><td>7:00 PM - 9:00 PM</td></tr><tr><td>Monday &amp; Wednesday</td><td>8:30 PM - 10:00 PM <i>Limited</i></td></tr><tr><td>Saturday</td><td>2:00 PM - 6:00 PM</td></tr><tr><td></td><td>6:00 PM - 7:00 PM <i>Adults Only</i></td></tr><tr><td>Sunday</td><td>1:00 PM - 5:00 PM</td></tr><tr><td></td><td>5:00 PM - 6:00 PM <i>Adults Only</i></td></tr></table> <b>*TUESDAY NIGHT LANES CLOSE AT 8PM*</b>	Monday-Friday	6:15 AM - 3:30 PM	Monday-Thursday	7:00 PM - 8:30 PM*	Friday	7:00 PM - 9:00 PM	Monday & Wednesday	8:30 PM - 10:00 PM <i>Limited</i>	Saturday	2:00 PM - 6:00 PM		6:00 PM - 7:00 PM <i>Adults Only</i>	Sunday	1:00 PM - 5:00 PM		5:00 PM - 6:00 PM <i>Adults Only</i>	<b>Weight &amp; Exercise Room</b> <i>Adults Only: 14-17 if accompanied by an adult.</i>  Youths (14-17) must have a permission slip on file. Youths need to keep their copy with them while using the weight room.  <table><tr><td>Monday - Thursday</td><td>6:15 AM - 10:00 PM</td></tr><tr><td>Friday</td><td>6:15 AM - 9:00 PM</td></tr><tr><td>Saturday</td><td>9:00 AM - 7:00 PM</td></tr><tr><td>Sunday</td><td>9:00 AM - 6:00 PM</td></tr></table>	Monday - Thursday	6:15 AM - 10:00 PM	Friday	6:15 AM - 9:00 PM	Saturday	9:00 AM - 7:00 PM	Sunday	9:00 AM - 6:00 PM			
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